

The Incredible Years Teacher Classroom Management (TCM) Programme:

The Incredible Years Teacher Classroom Management Programme (TCM) is a classroom-based prevention and early-intervention programme designed to reduce conduct problems and promote children's pro-social behaviour. The programme focuses on strengthening classroom management strategies by use of evidence-based practices including:

- Building positive relationships with students
- Building positive relationships with parents and promoting home to school consistency
- Preventing behaviour problems using proactive approaches
- Giving attention, encouragement and praise
- Motivating children through incentives
- Developing behaviour plans
- Managing teacher stress
- Decreasing inappropriate behaviour

The programme is delivered over 5-6 full-day workshops, spread out with time in between each workshop so that teachers have time to practise the new skills they are learning. Further information about this programme is available at:

<http://incredibleyears.com/programs/teacher/classroom-mgt-curriculum/>

The Incredible Years TCM has been evaluated in several Irish contexts, and has been found to lead to improvements in the classroom environment, including an increase in pro-social behaviour amongst students, an increase in teacher sense of efficacy in terms of classroom management and a reduction in teacher reported stress and negative classroom management strategies. Links to Irish research projects are included below:

http://67.199.123.90/library/items/outcomes-incredible-years-classroom-dublin_09.pdf

<http://67.199.123.90/library/items/Positive-classrooms-Archways-TCM-Report-2011.pdf>

Many NEPS psychologists deliver the Incredible Years Teacher Classroom Management Programme. For further information about programmes in your locality, contact your school's NEPS psychologist.